Post Deployment Reintegration -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTION	COMMAND ACTION
☐ **Common indicators of distress**	☐ **Consider General Wingman Actions**	☐ **Consider General Command Actions**
☐ Those who have had problems with personal relationships prior to deployment	☐ Be vigilant to check with persons/families that will be reunited after a deployment	☐ Ensure all re-deploying personnel complete redeployment requirements such as briefings and medical screening
☐ Those experiencing additional stressors such as those related to financial or legal problems	☐ Normalize the fact that reintegration may take time	☐ Communicate the expectation that unit leaders/supervisors will be aware of re-deployed personnel's status until they feel adequately adjusted
☐ Couples with a history of domestic violence of frequent arguments	☐ Inform leadership of personnel that seem to be having difficulty adjusting	
☐ Couples for which there are concerns regarding either partner's fidelity during the deployment	☐ Help individuals and families focus on the positive aspects of deployment	☐ Educating both returning members and their families that there will be changes
☐ Persons with a history of alcohol-related incidents or excessive alcohol use		☐ Helping to link the unit members desiring assistance to appropriate IDS and other helping agencies
☐ Those who experienced trauma or combat exposure while deployed		☐ Requesting appropriate Post-Deployment Briefings through the IDS, such as the standard Re-integration Briefing or Airman Resiliency Training/Battlemind briefings
☐ Persons who will experienced undesired changes in their lives such as divorce or a new job		☐ Sponsoring reunion activities and programs; organizing a homecoming celebration
☐ Persons with a history of poor anger management or difficulty adjusting to change		☐ Communicate information to the returning member about changes at work that occurred during the deployment
☐ Personnel or families that are not well connected to the unit or community		

☐ Those experiencing multiple and/or frequent deployments		☐ Ask returning members to discuss experiences and "lessons learned" ☐ Consider recognizing efforts of non-deployed personnel